What is claimed is:

- 1. A supportive upper body constraint device, comprising:
- a base comprising a foam material with an impression load deflection (ILD) ratio greater than about 40; and
- a cover on the base comprising a foam material with an ILD ratio less than the base.
- 2. The device of claim 1 wherein the cover comprises an elastomeric foam material with an ILD ratio less than about 14.
- 3. The device of claim 1 comprising opposing support members on the base, the cover supportingly disposed in a concave contour defining a cavity.
- 4. The device of claim 3 wherein the cover comprises a material having a smooth surface.
- 5. The device of claim 3 wherein the base and support members are unitarily constructed.
- 6. The device of claim 1 wherein the cover comprises a foam material with a density in the range of about 3.8 to 4 pounds per cubic foot.

- 7. A supportive upper body constraint device, comprising:
- a base comprising a substantially flat longitudinal surface and an inclined surface;
- a pair of opposing support members on the inclined surface; and
- a cover continuously covering the support members and a portion of the inclined surface between the support members comprising a viscoelastic foam material.
- 8. The device of claim 7 wherein the support members are wedge-shaped, the cover supportingly disposed in a concave contour defining a cavity.
 - 9. The device of claim 7 wherein the cover comprises a smooth surface.
- 10. The device of claim 7 wherein the base and support members are unitarily formed.
- 11. The device of claim 7 wherein the base comprises a foam material with an impression load deflection (ILD) ratio greater than 40.
- 12. The device of claim 7 wherein the cover comprises a foam material with an ILD ratio less than 14.
- 13. The device of claim 12 wherein the cover comprises a foam material with a density in the range of about 3.8 to 4 pounds per cubic foot.

- 14. A supportive upper body constraint device, comprising:
- a base; and
- means supported by the base for constraining the upper body by imparting a supporting engagement continuously molding and adjusting to a shape of the upper body maintaining contiguous contact against the upper body.
- 15. The device of claim 14 wherein the means for constraining is characterized by a cover comprising a viscoelastic foam material.
- 16. The device of claim 15 wherein the means for constraining is characterized by opposing support members on the base supporting the cover in a concave contour defining a central cavity.
- 17. The device of claim 16 wherein the means for constraining is characterized by wedge-shaped support members.
- 18. The device of claim 14 wherein the base comprises a foam material with an impression load deflection (ILD) ratio greater than 40.
- 19. The device of claim 15 wherein the means for constraining is characterized by the cover comprising a foam material with an ILD ratio less than 14.
- 20. The device of claim 15 wherein the means for constraining is characterized by the cover comprising a foam material with a density in the range of about 3.8 to 4 pounds per cubic foot.